

FEELINGS

An Activity for Pre-School Children

Rationale:

The purpose of this activity is to help children develop the skills and understanding that foster respect of self and of others.

Directions:

1. Invite children to talk about familiar feelings and to use their bodies and faces to show how they look when they are feeling a particular emotion. Make sure the discussion includes a range of emotions, including anger, sadness, happiness, surprise, pride, fear and frustration.
2. Play music with different tempos and moods, and ask the children how the music makes them feel.
3. Choose a feeling, such as sadness, and ask, "Can you tell me some times when you felt sad?"
4. Let the children respond, and then add, "Do you feel sad when someone doesn't ask you to play? How about when someone hurts your feelings?"
5. Let the children explore all the different times that they feel sad. Then ask them, "What are some ways we can help a sad person feel better?"
6. Ask, "Can you tell me some times when you felt afraid?"
7. Let the children respond, and then add, "Do you feel afraid when something bad happens to someone?" "Do you ever worry that it could happen to you, too?"
8. Let the children explore all the different times that they feel afraid. Then ask them, "What are some ways we can help a person who is afraid feel better?"
9. Explore other emotions in the same manner, using examples that will heighten the children's awareness. Suggest positive feelings to counteract the negative feelings that may have come up during this activity. Examples could be acceptance, bravery, and hope.

Adapted from The Miller Early Childhood Initiative of A WORLD OF DIFFERENCE® Institute *Bias-Free Foundations: Early Childhood Activities for Educators.*

